

**Davie County Senior Services
Nutrition Program Menu
May 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Barbecued Chicken Rice Stewed Tomatoes Dinner Roll Baked Apples Milk	3 Swiss Steak Mashed Potatoes Broccoli & Cheese Dinner Roll Pineapple Tidbits Milk	4 Barbecued Pork Coleslaw Corn Bun Assorted Cookies Milk	5 Chopped Steak w/Brown Gravy Steamed Rice Green Beans Dinner Roll Chilled Fruit Cup Milk	6 Baked Ham Pinto Beans Turnip Greens Cornbread Pudding Milk
9 Fried Fish Okra & Tomatoes Coleslaw Bun Peaches Milk	10 Chopped Steak w/Brown Gravy Green Beans Carrots Wheat Roll Cranberry-Apple Juice Milk	11 Pancakes w/Syrup Scrambled Eggs Sausage Links Tater Tots Orange Juice Milk	12 Baked Chicken Creamed Potatoes Green Peas Dinner Roll Pudding Grape Juice Milk	13 Lasagna Tossed Salad w/Green Peppers & Tomatoes Dinner Roll Mixed Fruit Milk
16 Cheeseburger Barbecue Slaw Tater Tots Bun Pudding Milk	17 Spaghetti & Meat Sauce Corn Garlic Bread Pineapple Tidbits Milk	18 Chicken & Dumplings Carrots Coleslaw Slice Bread Peaches Milk	19 Meatloaf Macaroni & Cheese Lima Beans Dinner Roll Pineapple-Orange Juice Milk	20 Chicken Patty w/Gravy Mashed Potatoes Broccoli & Cheese Casserole Dinner Roll Assorted Cookie Milk
23 Chicken Pie Steamed Rice Okra & Tomatoes Slice Bread Cranberry-Apple Juice Milk	24 Salisbury Steak Navy Beans Broccoli Dinner Roll Apple Slices Milk	25 Pancakes w/Syrup Scrambled Eggs Sausage Links Tater Tots Orange Juice Milk	26 Pepper Steak Supreme Mashed Potatoes Peas & Carrots Dinner Roll Pineapple Milk	27 Sweet & Sour Chicken Macaroni & Cheese Broccoli Dinner Roll Baked Apples Milk
30 CLOSED  MEMORIAL DAY	31 Baked Chicken w/Gravy Mashed Potatoes Crowder Peas Dinner Roll Orange Milk			

Menu substitutes may occasionally have to be made of equal nutritional value.

"USDA is an equal opportunity provider and employer."

On Site Meals are served Mon- Fri at 11:00 am starting on July 1

Bobby H. Knight Davie County Senior Services Building- Mocksville - 336-753-6230

For Transportation call YVEDDI – 336-751-2187

Thanks to United Way of Davie County for their support of Meals on Wheels

LIVE UNITED



Four Steps to Food Safety

CLEAN

Wash hands and surfaces often

- 💧 Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets.
- 💧 Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item.
- 💧 Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, launder them often in the hot cycle.
- 💧 Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush.
- 💧 With canned goods, remember to clean lids before opening.

SEPARATE

Separate raw meats from other foods

- ➡ ➡ Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator.
- ➡ ➡ Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- ➡ ➡ Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs unless the plate has been washed in hot, soapy water.
- ➡ ➡ Don't reuse marinades used on raw foods unless you bring them to a boil first.

COOK

Cook to the right temperature

- 🕒 Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products for all cooking methods. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria.
- 🕒 Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.
- 🕒 When cooking in a microwave oven, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer.
- 🕒 Bring sauces, soups, and gravy to a boil when reheating.

CHILL

Refrigerate foods promptly

- ❄️ Use an appliance thermometer to be sure the temperature is consistently 40°F or below and the freezer temperature is 0°F or below.
- ❄️ Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90°F.
- ❄️ Never thaw food at room temperature, such as on the counter top. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- ❄️ Always marinate food in the refrigerator.
- ❄️ Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.